



Concordia  
UNIVERSITY



# Student survival Guide



A Co-production of Concordia Health  
Services and Campus Ministry (Advocacy &  
Support Services)



## HOW TO USE THIS GUIDE

The information contained in this guide has been compiled through resources available to the publishers, and through questionnaires distributed to Concordia students. Although many of the resources available in Montreal are listed, it is impossible to list all available resources. In no way do the publishers wish to say that the resources contained in this guide are any better or more important than the ones not listed. Any omitted resources are purely due to the lack of time before publishing and in no way reflect upon the quality of the other resources. We encourage you to use this guide as a starting point and actively seek out other resources that may also be of assistance to you.

It is also important to note that although the publishers have checked to see that all resources contained in this guide are still operation, there is a very high turnover rate in this area. So to save yourself time and energy, always call first to make sure things are still functioning, especially food banks.

This Survival Guide had been formatted to put as much information as possible into the least possible space. You will notice that every section is divided into 2 columns. At times, like in a newspaper, the information in the left column may carry over into right column. Also, information in a right column may be carried over onto the next page.

As this is the first printing of A Survival Guide for Concordia Students, we realize that we may have omitted certain things. Please take some time to fill out and return the feedback page (pgs. 29 and 30) and let us know what you think. Never forget that although sometimes you may feel lost and confused, there are many people at Concordia, and in Montreal, who care and want to help you out. We hope that this guide will point you in these directions.

### Acknowledgments

This project has been a collaboration between Concordia Health Services and Concordia Campus Ministry (a section of Concordia Student Services/Advocacy and Support Services)

The publishers would like to thank the following people:

- ▶ Angie Siano and the staff from Health Services for providing us with such an incredible base of research for this guide, excellent ideas, many additional resources, useful feedback and funding;
- ▶ Daryl Lynn Ross from Campus Ministry for guidance, extremely important insight and information, as well as the opportunity to work on this project, and for her sincere concern for the students at this University
- ▶ Bernie Glover from Campus Ministry for spending way too many hours while not at work to reformat this whole guide and bring it into existence. With out him, this job would never have been completed;
- ▶ Amber from CSU for letting us use portions of the 98-99 CSU Agenda
- ▶ Ann Kerby and Angela Ghadban from Advocacy and Support Services for all the useful ideas and the use of their computer, and of course, the funding;
- ▶ Human Resources, Canada, for the Summer Career Placement Programme Funding.



# INDEX

	PAGE
<b>Section 1: SHELTER &amp; CLOTHING</b>	
<b>HOUSING</b>	
Choosing the right Neighborhood	1
Finding a place	2
Less permanent places to stay	2
Tenants rights	2
Other housing issues	3
<b>CLOTHING</b>	3
<b>CHEAP FURNITURE AND HOUSEHOLD NEEDS</b>	4
<b>EMERGENCY SHELTERS</b>	4
For Women	5
For Men	6
<b>Section 2: NUTRITIONAL NEEDS</b>	6
Campus	6
Food Banks	6
Nutritional Community Programmes	6
Special Dietary Neds	8
<b>Section 3: HEALTH NEEDS</b>	
Campus	9
CLSC'S	9
<b>AFTER HOURS MEDICAL SERVICE</b>	9
SGW Campus	9
Loyola Campus	10
AIDS/HIV	10
<b>SUBSTANCE ABUSE</b>	11
Resources for alcohol addiction	11
Resources for drug addiction	12
Resources for gambling addiction	12
Rehabilitation and detoxification centers	12
<b>ASSAULT: PHYSICAL/SEXUAL</b>	13
Resources	13
Counselling/listening and referral services	14
<b>Section 4: WOMENS ISSUES AND INTERESTS</b>	15
<b>Section 5: LEGAL NEEDS</b>	16
<b>Section 6: SPIRITUAL NEEDS</b>	17
<b>Section 7: MONETARY NEEDS</b>	18
Financial Aid	18
Employment	19
<b>Section 8: ACADEMIC NEEDS</b>	20
Help Available at Concordia	20
GETTING INVOLVED	20
<b>Section 9: THE NEED TO RELAX</b>	
Recreation and Athletics	21
Travel	22
Cheap Kicks	23
<b>Section 10: SURVIVAL PHONE NUMBERS</b>	24
<b>Section 11: NOTES AND NUMBERS</b>	25
<b>Section 12: IMPORTANT CONCORDIA DATES FALL 1999</b>	26



## SECTION 1: SHELTER & CLOTHING

### • HOUSING

#### • Choosing the right Neighborhood for you

##### **Notre-Dame-De-Grace (NDG)**

Apartments and duplexes. Prices are reasonable.

**Good:** Lots of green space and fresh air. Quiet. Close to Loyola campus.

**Bad:** Dismal nightlife, takes some time to get downtown. Nighttime safety questionable in some areas.

##### **Côte-des Neiges**

Small to large apartments and duplexes. Prices vary.

**Good:** Culturally diverse, decent access to public transit, hospitals all over the place.

**Bad:** High crime rate and bugs in some places. A bit remote from student life. Not the prettiest place.

##### **Westmount/ Eastern NDG**

Duplexes and mid-sized apartments. Lower Westmount's prices similar to downtown's, while Eastern NDG is a bit cheaper.

**Good:** Shopping, walking. Westmount is a beautiful suburban area.

**Bad:** They roll up the sidewalks at 11pm.

##### **McGill Ghetto/ St. Laurent**

Small to medium-sized buildings. Similar prices to downtown with some bargains to be found.

**Good:** Sense of community, lots of student hangouts. The excellent and diverse St. Laurent nightlife.

**Bad:** dirty, run-down part of town. Cost and critters may be a concern

##### **Plateau Mont-Royal**

Wide range of duplexes, flats, and apartment buildings. Prices vary.

**Good:** Culturally diverse. Many places have bigger rooms than downtown, some real gems. Excellent shopping and nightlife (Parc, St. Denis, St. Laurent)

**Bad:** Fire hazard, some bugs. Can be dangerous.

##### **Verdun**

Row houses in the west, triplexes and flats in the east. Lowest prices in vicinity of SGW and downtown.

**Good:** Low rents. Small town feeling. Reasonably good shopping.

**Bad:** Western area tends toward the slummier side of things. High crime area, fires, and occasional biker gang violence. Few amenities.

##### **Downtown**

Many small, 1-person apartments and a variety of studios, flats, and lofts. New buildings tend to be very expensive. Lower prices north of Guy and Atwater metros (particularly around Lincoln, which has come to be known informally as the Concordia Ghetto) and south of St. Catherine.

**Good:** Near SGW, ample shopping, good nightlife, within walking distance of nearly everything. Many students in some buildings.

**Bad:** Noise, pollution, little green space, infestations in some places near restaurants. Many students in some buildings.

## ➊ Finding a place

### **CSU Off-Campus Housing**

**SGW H-620**

**Phone: 848-7476 Fax: 848-7450**

Offers a free database listing of off-campus housing in the Montreal area. Lists are posted outside the CSU offices (SGW/H260). Here you can obtain a customized list tailored to your needs of price, location & size. You can search the database yourself from the Web at <http://cug.concordia.ca/~housjob/> or email questions or suggestions to:

**housjob@alcor.concordia.ca**

### **La Corporation des Habitations Jeanne-Mance**

**150 Ontario E.**

Offers low-income housing for families and those above the age of 50 (872-1515)

Information about low-income housing for students with income less than \$1,500/yr (872-2277)

### **NDG Info Depot**

**2121 Oxford (at de Maisonneuve)**

**483-5346**

An information center for low-cost housing, welfare and more.

### **Municipal Housing Office (Montreal)**

**152 Notre Dame E.**

**872-6442/ 3514**

Rental office: Mandated to acquire, build & administrate low-rental buildings assigned to low income individuals and families. Acts as an agent of the city. Hours: 8:30-16:30

### **Projet d'Organization Populaire d'Information et de Regroupement**

**4281 Notre Dame W.**

**935-4649**

Housing assistance for low income people

## ➋ Temporary places to stay

### **Montreal Youth Hostel**

**3541 Aylmer St.**

**843-3317**

Comfortable lodging for members & non-members. Four beds or more to a room. Kitchen, common room & laundry room. Call for prices.

### **YMCA of Montreal's Residence**

**1450 Stanley St.**

**849-8393**

Residence for men & women. Permanent & transient stays.

### **YWCA Residence**

**WOMEN Only**

**1355 Rene-Levesque W.**

**866-9941**

Permanent & transient stays. Access to library, kitchen, pool, sauna and lounge. Counselling & support groups.

## ➌ TENANTS RIGHTS

### **Arnold Bennett's Housing Hotline**

**488-0412 or 944-8560**

Tenants advisory clinics every Sat. & Sun. at 11:00

### **Comite Logement Centre-Sud**

**2083 Beaudry, Suite # 90**

**521-5992**

Legal & tenants rights Info

**Federation de Cooperatives**

**d'Habitation de l'ile de Montreal**

**843-6929**

Represents co-op members and helps start co-ops.

**Front d'Action Populaire en  
Reamenagement Urbain  
522-1010**

Coalition of housing rights groups

**Rental Board  
5199 Sherbrooke E. #2161  
873-2245**

Administers the "Act to promote conciliation between lessees & property owners"  
Hours: M-F 8:30- 6:30

## ● Other housing issues

**NDG Community Council**

**484-3682**

Free Info and services for NDG residents

**Public Works**

**872-3434**

Responsible for garbage collection and sidewalk repairs, also has information on drinking water, a schedule of dangerous materials collection, recycling, etc

**Rats  
872-4980**

**Tandem Montreal  
872-6155**

A city-run crime-prevention service that sets up neighborhood-watch programs and offers information and advice on home security. Call to find the one nearest you

**Cockroaches/ Structural, heating or  
water problems**

**872-2421**

## ● CLOTHING

### New and Slightly Used

**Accueil Bonneau  
427 de la Commune E.  
845-3906**

Clothing service Mon. & Wed. mornings.

**Boutique de Recession  
5650 Sherbrooke W.  
486-6398**

Second hand clothing

**Charade  
5673 Sherbrooke W.  
487-0070**

Run by the NDG anti-poverty group

**Entraide Pointe St- Charles  
2489 Centre  
937-3616**

Selling second hand clothing.

**Eva B.  
2013 St-Laurent  
849-8246**

Super funky second-hand clothes

**Friperie St-Laurent  
3976 St-Laurent  
842-3893**

Second-hand clothing boutique

**Le Chateau Warehouse  
5255 Jean Talon W.  
341-3965**

Sells seconds (clothing with - usually invisible - defects or end of season clothing (Namur metro)

**Les Glaneuses****733-4803**Discount clothes, furniture, and  
jewelry**MiniPrix****524-2496**The Cote des Neiges Council of  
Churches, used clothing at minimal  
prices.**NDG Anti-Poverty Group****489-3548**Welfare advocacy, clothes &  
furniture depot, lunch club**Pantalons Superieur****69 Ste-Catherine E. -****842-6969**Levi's 501, tapered, hemmed, \$32 +  
tax**Renaissance Montreal****7250 St- Laurent****276-3626**

Used clothing and furniture

**St. James United Church****288-9245**

Clothing Depot

**St. Vincent de Paul****1930 Champlain****526-5937**Clothing service: M - Th. between  
10-4**Salvation Army Thrift Stores****- Centre - 1620 Notre Dame W. 935-7425****- Cote des Neiges - 4890 Jean Talon W.  
738-1796****- East - 1371 Everette 276-0349****- West - 6260 Sherbrooke W. 488-8714****- Laval - 4305 Blvd Samson, 450-978-  
7057****- Longueuil - 127 King George 450-468-  
7194****- Brossard - 5840 Taschereau Blvd. 450-  
462-9185****- Pierrefonds - 5005 Blvd. des Sources  
683-6414**Good, clean, second hand clothing  
at reasonable prices.**Sun Youth****4251 St. Urbain****465-1803**Clothing services: 8:00-21:00  
842-6822**Traction Avant****158 Charron**

Clothing Service

**Village des Valeurs****- 4606 Jean Talon W. 739-1962****- 6779 Jean Talon E. (St. Leonard) 254-  
0433****- 2033 Pie IX 528-8604****- 7401 Boul. Newman (Lasalle) 595-8101****- 801A Boul. Taschereau (Greenfield  
Park) 450-923-4769**

## Cheap Furniture & Household needs

**Ameublements Cote-des-Neiges****6238 Cote-des-Neiges****344-3272**New furniture and appliances 344-  
3272**Atelier de Meubles Recycles Ahuntsic-****Cartierville****9850 Verville****388-5338**

Second hand furniture.

**Boutique de Recesson****5650 Sherbrooke W.****486-6398**Second hand furniture, no appli-  
ances.**City of Montreal Public Auctions****969 Louvain E.****872-2340**

Call for the schedule and details

**Consumer's Garage Sale****3695 Wellington****766-4445**Large selection of new and used  
furniture, bought, sold and ex-  
changed. Delivery and pick up  
available

**Dollarama Stores or Dollar Stores**

All stores of this sort are good places to buy household needs (brooms, cleaning fluids, dishes, glasses, cutlery etc.) See phone book for of stores

**Entraide Clifford Charron****5900 Monk****769-5286****769-593**

Used or second hand furniture.

**Entraide Wellington****3807 Wellington****362-9891****F.R.A.M.E.****482-9676**

Restores & resells donated furniture at a low price

**Le Mercaz****344-8845**

Second hand furniture & appliances  
344-8845

**NDG Anti-Poverty Group Welfare****489-3548**

advocacy, clothes & furniture depot, lunch club

**St. Augustine****486-4795**

Second hand furniture

**St. Vincent de Paul****1930 Champlain****525-2491**

Used & second hand furniture.

**Salvation Army Thrift Stores**

See under "clothing" for addresses & phone numbers. Has second hand/ used furniture & household items  
See "clothing"

**Village des Valeurs**

See "clothing" for addresses

Stores carry small furnishing & needs as well as clothing. See "clothing"

## Emergency Shelters

### For Women

**Auberge Madeleine****597-1499**

Emergency shelter for women over 18 without children. 19 beds. Three meals offered. Length of stay usually short term. Open 24 hours/7 days. Self-referral. Free

**Chez Doris****2196 de Maisonneuve W.****Metro Atwater****937-2341**

Mon-Thurs 8:30-14:00; Friday 8:30-13:30; Saturday & Sunday 8:30-15:00 Breakfast -8:30-10:30; Lunch - 12:00-13:00. Your first meal is free. Subsequent meals are exchange for services (e.g. cleaning, dishes etc.)

**Elizabeth House****2131 Marlowe****482-2488**

Shelter for pregnant teenagers

**Residence Project Chance****934-6199**

A residential program for single mothers in University. They offer food & residence, parenting groups, etc. For more info call Susan Cross - Wed., Thurs. or Fri. 9:00-17:00.

**Salvation Army Shelter of Hope for Women****2000 Notre-Dame St. W.****934-5615**

For women over 18. Shelter & meals

## For Men

### Refuge des Jeunes de Montreal

3767 Berri St.

849-4221

Men 18-24 only. Temporary night shelter, counselling & referrals

### La Maison du Pere

550 Boul. Rene Levesque

845-0168

Shelter for homeless men. Group & individual therapy. Clothing distributed

### Old Brewery Mission

**MEN ONLY**

915 Clark

866-6591

Daily dinner at 17:00. Open 24 hour a day.

### Salvation Army Men's Hostel

1620 St. Antoine W.

932-2214

Rooms & meals at low cost. Free dorm beds and meals for men in temporary difficulties.

## SECTION 2: NUTRITIONAL NEEDS

### Campus

#### Mother Hubbard's Cupboard

Annex Z(2090 Mackay) Rm 02

848-3588

Monday nights 17:00-19:00  
Vegetarian, healthy meals for a donation of \$1-2 or less if you are broke

#### Le Frigo Vert

2130 Mackay

848-7586

Healthy, natural foods sold in bulk.

### Food Banks

#### Accueil Bonneau

427 de La Commune est

Metro-Champs de Mars

845-3906

Serves food to a wide variety of street people. If the dinning room is full you may have to wait about 15 minutes. Hot meals served M-F 9:3011:15; sandwiches & a drink are served 12:00-3:00.

#### Armee du Salut

2050 Stanley

Metro Peel

288-7686

Depannage alimentaire

#### Benedict Labré House

308 Young St.

Metro Bonaventure

937-5973

#### Bon Pour Toi

187 St. Mathieu

Metro Guy

932-7396

#### Bouffe-heberge

157 Ontario est

Metro St. Laurent

287-7611

#### Café Boustifable

348 Logan

525-6316

Mon. - Fri. 17:00-19:00, Sat. & Sun.

**Chez Doris   Women only****2196 de Maisonneuve W.****Metro Atwater****937-2341**

Mon.- Thurs. 8:30-14:00; Friday 8:30-13:30; Saturday & Sunday 8:30-15:00. Breakfast 8:30-10:30; Lunch - 12:00-13:00. Your first meal is free. Subsequent meals are exchanged for services (e.g. cleaning, dishes etc.

**CLSC des Foubourgs****1705 de la Visitation****Metro Beaudry****527-2361****Columbia House****1710 Beaudry****Metro Beaudry****596-7092****Comite Social Centre-Sud****2365 rue Grand Trunk****Metro Charlevoix****932-6202****La Maison des Amis du Plateau****4295 Papineau****Metro Papineau****527-1344****Mile End Mission****99 Bernard W****274-3401**

Fridays 11:15. Need proof of residence in the area.

**Mission Bon Accueil****1490 St. Antoine****Metro Lucien Lallier****935-6595****Mission Colombe Montréal****Metro Berri UQAM****384-3634****Mission St Michel****137 President-Kennedy****Metro Place-des-Arts****844-8127****Moisson Montreal****6880 Ch. de la Cote de Liesse****Metro Du College & Bus 202****344-4494****Montreal Harvest****9015 Meilleur, H2N 2A3 -****381-6641**

Collects surplus food from manufacturers, supermarkets, wholesalers etc. Redistributes to agencies who feed the needy. Call for information on where & when to find food baskets or community meals in your area.

**Multicaf****5829 Cote des Neiges****733-0554**

Open 9:00 - 16:00. Breakfast 10:00-11:00, Free. Lunch from 12:00-13:00 for \$1.00. Multi-cultural cafeteria & food bank. Also has language courses sometimes.

**NDG Anti-Poverty Group****489-3548**

Welfare advocacy, clothing & furniture depot, lunch club

**Old Brewery Mission****915 Clark****866-6591**

Daily dinner at 17:00. Open 24 hour a day.

**Partage d'Youville****2327 Centre****Metro Charlevoix****935-9846****Place Vermeille****1581 Alexandre de Seve****Metro Papineau****527-7822****Regr. des Cuisines Coll. du Que.****1605 Champlain****Metro Papineau****529-3448****Resto-Plateau****5075 Rivard****Metro Laurier****287-1949**

**St Willibrord**  
320 rue Riel, Verdun  
**Metro Verdun**  
**769-9678**

**St. James United Church**  
**288-9245**  
Food Depot

**St. Louis de Gonzague**  
2320 Terrasse Mercure  
**Metro Frontenac**  
**521-8619**

**St. Patrick**  
1110 Alexandre  
**Metro Sq. Victoria**  
**866-7379**

**St. Vincent de Paul**  
1930 Champlain  
**Metro Frontenac**  
**526-5937**

**Sun Youth**  
4251 St Urbain

**Metro St. Laurent**  
**842-6822**  
Open 8:00 - 21:00. Various  
programs for feeding the needy.  
Call for more information.

**Table de Concertation**  
1212 Panet  
**Metro Beaudry**  
**522-2455**

**Tyndale St. Georges**  
870 Richmond Sq.  
**Metro Lionel-Groulx**  
**931-6265**

**Welcome Hall Mission**  
Call for Appointment  
1490 St. Antoine W.  
**935-6395**

Tuesday & Thursday-food (perishable & non-perishable) They usually serve welfare recipients, but show your student ID they will accept it.

**Community Kitchens/ Regroupement  
des Cuisines Collective de Quebec**  
**642-3613**

People meet monthly or more often, and cook together. Each person brings home a portion to have another day. If there is no kitchen group in your area you might be able to start one. Call & ask

**Chez Mes Amis**  
5942 Sherbrooke W  
**482-2210**

Non-profit restaurant. Three meals served \$1.25-2.00 Kids under 6 free

**Manna Verdun Food Bank**  
666 Woodland

**761-4394**

Mon., Wed., Fri. 10:00 - 12:00. Run by senior volunteers, Pres. Doris Robinson.

**Mile End Mission**  
99 Bernard W  
**274-3401**

Fridays 11:15. Need proof of residence in the area.

**NDG Food Depot**  
2121 Oxford (corner of de  
Maisonneuve) **483-4680**

For NDG residents only. Proof of residence required (phone or hydro bill will do) Food distributed once a month, but they will bend the rules in emergencies.

## 🕒 Special Dietary Needs

**Montreal Diet Dispensary**  
2182 Lincoln  
**937-5375**

Volunteer organization providing nutritional counselling to pregnant women. Distributes vitamins, 1 liter

milk & 1 egg daily to pregnant women. call for appointment. Priority: Women at risk.

**Assistance Maternelle**  
148 de l'Epee  
**279-1074**

## SECTION 3: HEALTH NEEDS

### Campus

#### **Concordia Health Services Department**

Hours: Mon.-Fri. 9:00-17:00

**SGW Campus - 2155 Guy Rm. 407**

**SGW**

**848-3565**

**Loyola Campus - Administration Bldg.**  
**Rm.121-3 848-3575**

Walk-In or call for an appointment.

Physicians & nurses; psychiatry & psychotherapy; woman's & men's health issues. Preventative health care and health education. Referrals to specialists. This is a student-friendly service.



### **CLSC's**

**TO FIND CLSC NEAR YOUR HOME CALL 842-5141**

*(Have your postal code ready)*

#### **CLSC Metro**

**1801 de Maisonneuve W. 3rd Fl.**

**934-0354**

Hours: M & F: 8-2, Tu. & Th:8-5, F: 8-4

#### **CLSC Lasalle**

**414 Dollard**

**364-2572**

Hours: M-F:9-5

#### **CLSC Centre-Sud**

**1705 de la Visitation**

**527-2361**

Hours: M-F: 9-5

#### **CLSC NDG**

**2525 Cavendish #110**

**485-1670**

Hours: M-F: 8:30-5

#### **CLSC Centre-Ville**

**1250 Saguinet**

**847-1250**

Hours: M-F: 9-5

#### **CLSC Park Extension**

**469 Jean Talon W.**

**273-9591**

Hours: M-Th.: 8-8, F 9-5

#### **CLSC Cote des Neiges**

**3600 Van Horn**

**731-8531**

Hours: M-F: 9-5

#### **CLSC Verdun**

**1090 de l'Eglise**

**766-0546**

Hours: M-F: 8-4:30

#### **CLSC Cote St.Luc/Hampstead**

**5800 Cavendish #308**

**488-9163**

Hours: M-F: 9-5

### **After Hours Medical Services**

### **SGW Campus**

#### **Clinique Medical de la Cite**

**300 Leo Parizeau**

**281-1722**

Hours: Mon.-Fri.: 8:30-21:30, Sat.: 9:00-18:00

Sun. 10:00-16:00. Out of Province Insurance pays \$35.00 towards the cost of the appointment. Int'l Insurance pays \$70.00.

#### **Clinical Mont Carmel**

**MEDICARE ONLY**

**933 Boul Rene Levesque**

**282-9197**

Hours: Mon., Wed. & Thurs.: 8:00-20:00, Fri.: 8:00-16:00, Sat.: 10:00-16:00. Out of Province & INT'L pay cash.

**Metromedic**  
**1253 Guy**  
**932-2122**

Hours: Mon.- Fri.: 8:30-20:00, Sat.: 10:00-17:00. Walk-In clinic. Out of Province Insurance pay \$30.00, Int'l pay \$50.00

**Info Sante**  
**275-7575**  
Medical information by phone

**CLSC NDG**  
**2525 Cavendish #110**  
**485-1670**

Hours: M-F: 8:00-20:30 By appt Only!  
Sat: 8:30- 16:30. Must reside in NDG

**Cavendish Medical**  
**MEDICARE ONLY**  
**OOP & Int'l - cash**  
**2545 Cavendish**  
**932-2122**

Hours: Mon.: 9-1,4-9; Tu.: 9-1, 6:30-9, Wed.: 9:-1, 2:30-8:30; Th.: 9-1, 1:30-6, F.: 9-1, 2-7, Sat.: 9-4

**Decelles Medical Centre**  
**5757 Decelles Ave. #555**  
**739-7771**

M-F: 9:00-21:00; Sat: 9:00-15:00  
Sun.: 10:00-15:00. Takes valid insurance and forms

**Westside Medical**  
**6484 Sherbrooke W.**  
**489-5753**

Hours: Mon.- Fri. 9-8  
Best to call first. Accepts Insurance's

**AIDS Community Care of Montreal**  
**(ACCM)** **2075**  
**rue Plessis, Basement level,**  
**Volunteer & Information**  
**527-0928**  
**Drop in & Client Service:**  
**529-9462**

Non-profit community based organization which provides support for people living with AIDS & their loved ones. Self help support groups for people living with AIDS. Seropositive men & women, bereavement, counselling group & stress management for the volunteers. All volunteers are extensively trained. Office hours are M-Th 9-5

**CLSC Centre-Sud**  
**1705 de la Visitation**  
**527-2361**

Hours: Mon. - Fri.: 9:00-17:00  
Confidential AIDS testing by appointment. Info on HIV/AIDS. Support groups, counselling, dietician, medical care for persons with AIDS.

**CLSC Centre-Ville**  
**1200 Saguinet**  
**Info line: 847-0644**

Mon. - Fri. 9:00-12:30  
Provides support, nutritional Info & health professional advice for persons with AIDS.

**CLSC du Plateau Mt. Royal**  
**4689 Papineau**  
**521-7663**

Walk-In clinic. Mon.-Fri. 13:00-16:00  
Medical treatment for HIV/AIDS in the Plateau sector. Home care available. Hours: Mon.-Wed. :8:00-20:00; Thurs. & Fri. 8:00-18:00

**Cactus**  
**1209 Ste. Dominique St.**  
**954-8869**

Needle exchange, free needles & condoms

**CLSC Metro- AIDS Intervention****1801 de Maisonneuve W. 3rd fl.****Guy Metro St Mathieu exit****934-0552**

Support groups. Anonymous HIV testing by appointment, crisis intervention, referrals, counselling, dietician services & medical care for AIDS. Mon. - Fri. 9:00-12:00

**Concordia Health Services Dept.****2155 Guy # 407****848-3565****Confidentiality assured**

Call for an appointment or Walk in. Testing, referrals, education.

**Farha Foundation****7080 du Parc****270-4900****JGH Infectious Disease Clinic****JGH G-148,****340-8230**

Confidential HIV testing, counselling for HIV/AIDS. Teaches medical care to home care patients for self administration. Walk-In clinic in the AM for all STDs.

Hours: Mon.-Fri. 9:30-11:30

**McGill AIDS Centre****Davis Institute #318****340-7636**

Acts as resource centre. Coordinates research at McGill's teaching hospitals.

**MGH Infectious Disease clinic****MGH A-5-156 Dr. D. Portnoy****934-8074**

Daily from 9:00-12:00 by appointment only. No referral needed but is preferred. Test for Chlamydia, ureaplasma, Mycoplasma & HIV. Accepts Out of Province & Int'l with card & forms.

**Montreal Immunodeficiency Clinic****3650 St. Urbain****849-4814****849-5201**

Resources Centre for HIV/AIDS patients. Deals with AIDS specific symptoms, in and out patient clinic. referrals for support groups & health care. Hours: 8:00-16:00

## Substance Abuse

### Resources for Alcohol Addiction

**Adult Children of Alcoholics****Westmount Baptist Church,****4755 Sherbrooke W.****482-1659**

12 Step program . Contact: David Maurice

Various meetings available. Self support groups, relies on donations of members

**Alcoholics Anonymous****5791 d'Iberville****376-9230**

Hours 9:00-23:00. Addresses for meetings given. Support meetings for alcoholics 7 days a week at various locations.

**Concordia On Campus Al-Anon****Meetings****2090 Mackay Annex Z**

Wednesday evenings 19:00-22:00

Drop in SGW-848-3590

LOY-848-3588

**Concordia Health Services Dept.****2155 Guy # 407****848-3565****Confidentiality assured**

Call for an appointment or Walk in, someone will be willing to help or refer you to the right organization to help you.

**Al-Anon****866-9803**

For families of alcoholics

## ● Resources for Drug Addiction

**Information & Referral Centre of Greater Montreal**  
Drug hotline-24 hrs/7 days week  
527-2626

**Cocaine Anonymous**  
932-5555

Phone support. Group meetings.  
All volunteer. Meetings for people & families of people addicted to behavior-altering substances. 7 days/week

**Co-Anon**  
369-2020  
For families and friends

**Groupe D'entraide sur la surconsommation**  
257-6622  
Self-help group

**Nar-Anon**  
725-9284  
Helps family & friends of drug & medication dependents.

**Narcotics Anonymous**  
6830 du Parc  
525-0333

24 hour Help-Line. Daily meetings.  
Program of complete abstinence from all drugs with one addict helping another.

## ● Resources for Gambling Addiction

**Available at Montreal Casino – self-exclusion service**

Casino will take a picture and person will sign form requesting to be excluded from the Casino for chosen length of time, i.e. 6 months, 12 months

**Gamblers Anonymous**  
484-6666

## ● Rehabilitation and Detoxification Centers

**Hôpital St. Luc**  
281-3425

Covered by medicare, 7-14 day stay

**Doremy**  
385-0046

Drug, alcohol, medication, residential and out-patient, no cost

**Montreal General Hospital**  
1609 Pine Ave. West  
934-8311

Contact Gail Gauthier

**Foster Pavilion: Residential and Out-patient**  
486-1304

drug and alcohol, youth and adult program, support group for family, covered by medicare, waiting list of 2-3 weeks

**Addinton House**  
483-3869  
Drug and alcohol, self-referral, men and women, \$3000.00 per month

**Portage**  
939-0202  
Residential detoxification and rehabilitation for drugs, men, women, and teens. No cost with Quebec medicare

**Alternatives**  
385-6444  
Free group therapy for drug addiction, no detoxification provided

**Centre d'accueil Prefontaine**  
521-1280  
Detoxification and emergency, no cost

## Assault - Physical & or Sexual

**Concordia Health Services**  
**2155 Guy #407**  
**848-3565**

If you are more comfortable with those you know - come to or call the Health Service Dept. We are here to help you. The reception will IMMEDIATELY bring you into a nurse. We will proceed as you wish, with your choices. We are here to advise, inform, support. We can look after the physical & emotional concerns of the assault victim.

**CLSC Guy Metro**  
**934-4504**

**All Victims** (Language or sex are not considered)

**CRISIS LINE** - is manned by volunteers, if no one is personally available to take your call, follow the instructions given by the answering machine.

**Rape Crisis Centre**  
**1801 de Maisonneuve W.**  
**3rd fl Med. Clinic**  
**934-0354**

**Coverage from 9:00-17:00 ONLY**  
Ask to speak to the person responsible for assault victims (As of January 1999 ask for D. Trent). Your call may have to be returned.  
You will be well looked after as to physical, psychological & emotional support. Counsellor stays with victim through all phases of process & examinations.

Process includes physical exam, morning after pill, test for STDs. Follow up medical exam 2 or 3 weeks after. Counselling offered for 12 mos.

### ENGLISH SECTOR AFTER HOURS:

Present yourself to ER at Montreal General Hospital. CLSC Metro Assault Group will be called and counsellor will be with you through all phases of the process. Follow up is through the Metro CLSC as above.

**Hotel Dieu**  
**3840 St Urbain**  
**843-2645**

**24 hour coverage, mainly French service**

**Centre Pour Les Assault**  
**843-2645**

For information : ask for the person responsible for assault victims. Your call will be returned. OR Present yourself to the ER at Hotel Dieu. Tell the receptionist you are a victim of an act of Sexual aggression / rape / criminal act. A nurse will accompany you until a member of the Assault team arrives, this person will stay with you.

**THE SEXUAL ASSAULTCENTRE OF MCGILL UNIVERSITY**  
**Help line - 18:00 to midnight**  
**Info Line - Mon.-Fri., 9:30 -17:30**  
**398-8500 398-2700**

## Assault: Resources

At any of the above facilities the focus is on NOT having the victim retell the story to a multitude of professionals. That is why one person stays with the victim throughout the process, the person is there to answer your questions, to give you support, to inform you of the process and the follow-up, to assist you with referrals to IVAC (Indemnisation pour les Victimes des Actes Criminels) which is a government agency linked to CSST to cover reimbursements of up to 90% of salary lost due to a criminal act.

**Concordia Student Safety Patrol**  
**848-8700**

Provides people to walk with you on SGW or Loyola campuses between 19:00- 01:00 Mon. - Fri.

**CLSC Guy Metro**  
**1801 de Maisonneuve W. 3rd fl.**  
**934-0354**

Has support groups for battered women at various times of the year. Also offers individual support to abused women through their department in social work. Must reside in this sector.

Contact : Angela Idelson

**I.V.A.C. Indemnisations des Victimes d'Actes Criminels au Quebec**  
**Service de l'IVAC,**  
**1199 rue de Bleury 9th fl.**  
**873-6019**

For crime victims. Offers through Quebec & CSST reimbursements of 90% of salary. Can receive monthly or life time compensation if incapacitated for life. Various benefit programs for persons suffering from aggressive acts.

**McGill Domestic Violence Clinic**

**3506 University, Wilson Hall**  
**398-7070**

Support group for women M 6-8 Mens Therapy Group Tu 6-8. Also individual counselling for women & men in violent relationships. All services are free for women. Men pay on a sliding scale.

**Montreal Assault Prevention Centre**  
**284-1212**

Open Mon. - Thurs.: 9:30 - 16:00 Program for the prevention of aggression. Program of self defense for women & for the handicapped. Feminist approach. Referral centre & reference library.

**S.O.S. Violence Conjugale**

**873-9010 1-800-363-9010**

24 hours/7 Days.

Referral to closest shelter

**Womens Information & Referral Centre**

**3585 St. Urbain**

**842-4780**

Offers individual counselling. Referrals to support groups for victims of incest & sexual abuse.

## ⌚ Counselling/ Listening and Referral Services

**Suicide Action**  
**723-4000**

24 hour hotline, 7 days a week

**Tel-Aide**  
**935-1101**

24 hour hotline, 7 days a week

**Tel-Jeunes**  
**288-2266**

24 hour hotline, 7 days a week

**Face-à-Face**  
**934-4546**

Listening and referral service, Mon-Fri 9-5, drop-in service

**Depressed Anonymous**  
**278-2130**

Phone line, French speaking 7 days, 8 to midnight

**Project 10**  
**989-1885**

Phone lines open M-F 1-5. Support services and discussion groups for lesbian, bisexual and gay male youth aged 14-25. Drop in center every Tuesday evenings

**Sexual Assault**  
**934-4504**  
Crisis line and counselling

**Multi-Ecoute**  
**737-3604**

Multi-lingual listening on the phone or face to face, M-F/9-5

**Ami-Quebec**  
**486-1448**

Info and referral for mental health, Mon-Thurs 9-5; Fri 9-4

**Centre de Sante des Femmes**  
**270-6110**

Info and referral line, workshops

**Argyle Institute**  
**931-5629**

Counseling services by appointment only

**Peer Support Programme (Peer Helpers)**  
**2090 Mackay (SGW Z-02)**  
**848-2859**

Students specially trained in active listening, problem-solving and other

helping skills available to give non-judgmental feedback and referrals and help for academic and personal problems. Mon-Thu noon to 5

**Counselling and Development**  
**SGW H-440 848-3545**

**LOY WC-101 848-3555**

Can help you with personal, educational and career concerns. Call for info or an appointment.

**Health Services**

**SGW E-407 848-3565**

**LOY AD-121 848-3575**

Offers mental health, counselling, psychotherapy services, confidential STD and pregnancy testing, abortion counselling and a variety of workshops dealing with stress, relationships, depression, and body image

## SECTION 4: WOMEN'S ISSUES & INTERESTS

**Concordia Women's Centre**  
**2020 Mackay**  
**848-7431**

Numerous referrals available for women covering a large range of topics. Resource centre, meeting place, sponsors workshops, self defense courses, film screening, art exhibits, etc. The **CENTRE** is for **ALL WOMEN**. Drop in or phone. Answering machine will give you opening times.

**Birthright**  
**4100 St. Antoine W.**  
**937-9324**

Free service for pregnant women. Referrals to accommodations, gyne, dietary. Supplies clothes for maternity, baby up to age 2 1/2 & furniture. Mon.-Fri.: 10:00-16:00. Call or drop in. Near St. Henri metro station

**Not an anti abortion group**

**Status of Women**  
**2150 Bishop #103**  
**848-4841**

An organization which works with other campus organizations to achieve gender equality.

**Blood Sisters**  
**848-7585**

The QPIRG at Concordia has a Womens action group working against the negative corporate/commercial influences. Call for more info. WEB <http://cug.concordia.ca/~qpirg/bloodsisters/index.html>

**Simone de Beauvoir Institute**  
**2170 Bishop**  
**848-2373**

Institute of women's studies. Call for info

**Centre des Femmes de Montreal**  
3585 St. Urbain  
842-4780

Psychological and social services.  
Resource & referral centre. Legal  
aid clinic. Free clothes & emer-  
gency food.

**Head & Hands - Young Parents  
Program -**  
**Wesley United Church**  
5964 N.D.G. Ave.  
481-0277 or 482-7910  
Baby clothes, furniture exchange. Tea &  
cookies Fridays 1-4

**Immigrant Women's Collective of  
Quebec**  
7124 Boyer  
279-4246

Promotes integration of immigrant  
women into Quebec society.

**McGill Womans Union**

**3480 McTavish**  
**398-6323**

Birth control(except (OCP) available at  
cost. Post abortion support group.  
Women only space. Referrals &  
resources.

**Teen-age Mother Group**  
**YWCA - Must be a member**

**866-9941 loc. 317**  
For 15-25 yr. old mothers. Drop in  
centre, group discussions, free day care  
Tues. & Sunday. Short & long term  
counselling. Parenting skills workshop.

**Concordia Legal Information Services**  
7141 Sherbrooke W. # 130 (Loyola  
Campus) **Free legal services for**  
Concordia students.  
848-4960

**Gay & Lesbian Community Centre**  
2075 rue Plessis, Basement Level  
**528-8424**

Free Legal clinic, Tuesdays 17:00-  
21:00

**Alde Juridique / Legal Aid**  
425 de Maisonneuve W  
842-2233 849-9488  
Criminal &/or Administrative offices  
Civil Offices  
Free representation for accused  
persons. (must meet financial  
qualifications)

**Head & Hands**  
2304 Old Orchard, NDG  
481-0277

Lawyers available Tues., Wed. &  
Thurs. from 19:00, appointment  
necessary. Half hour consultation  
\$10.00. Also do-it-yourself  
divorces.

**Black Community Hotline**  
957-9609  
Legal Info service. Referrals.  
24hours/7 days. Specializes in  
emergency situations including  
arrests.

**Inform'elles**  
**443-8221**

Telephone Info on family law  
Mon. - Fri. 9:00-11:30 & 13:00 -  
15:30

**Canadian Immigration Lawyer**  
Katerina Knize  
320 Victoria #201  
481-8787 email: [katerina@zoo.net](mailto:katerina@zoo.net)  
Reasonable fees for students

**Ligue des Droits et Libertés du  
Quebec**  
**4416 St Laurent**  
**849-7717**

Very helpful. Non-affiliated  
advocates of human rights.  
Strengths are first nations rights,  
racism, social justice, international  
& immigration.

**McGill Legal Info Clinic**  
3480 McTavish #B20 & B21  
398-6792

Student Lawyers. Give information & suggestions but NO advice.

**Provincial Legal Aid Switchboard**  
**849-9488**

Provides legal referrals to welfare recipients. Hours: Mon.- Fri.: 9-5

**Quebec Bar Assoc. Referral**  
**866-2490**

Service Referrals to lawyers according to your criteria.  
Hours: Mon.-Fri. 9:30-11 & 2:30-4

**Sun Youth Legal Clinic**  
4251 St. Union  
**842-6822**

In conjunction with McGill University, Law students offer free guidance areas. Including poverty law, family law, criminal law & landlord / tenant relations.

Hours: Monday 11:00-15:00, Friday 12:00-16:00

**No legal questions answered on phone**

## SECTION 6: SPIRITUAL NEEDS

**Campus Ministry**  
SGW 2090 Mackay Z-102 - 848-3590  
LOY 2496 West Broadway WF101 - 848-3588

The caregivers and nurturers of the spiritual and religious aspects of university life, operating with a multi-faith view. Offer weekly meditations, prison visits, discussion and reading groups, retreats to Oka, and many various workshops. Emergency food vouchers available by appointment only. Please call for more information. Also offer information on the Multi-faith Network composed of resource people from many of the faith traditions found within the Concordia Community.

**A few of the local religious resources:**  
(SEE ALSO CAMPUS MINISTRY'S "MULTI-FAITH NETWORK" BROCHURE)

THIS IS ONLY A PARTIAL LIST COMPILED FROM THE LISTINGS AT HAND AND IS NOT MEANT TO EXCLUDE ANY OTHER RELIGIOUS TRADITIONS. MOST CHURCHES, SYNANOGUES, MOSQUES OR TEMPLES ARE LISTED IN THE MONTREAL WHITE PAGES.

### DOWNTOWN...

#### Anglican:

St James the Apostle  
1439 St. Catherine W  
849-7577

**St George's**  
1101 Stanley  
866-7113

**Christ Church Cathedral**  
St. Catherine W. at University  
843-6577

#### Buddhist:

Centre Zen de la Main  
30 rue Vallieres  
842-3648

#### Jewish:

**Chabad House**  
3429 Peel St.  
288-3130

**Hillel**  
3460 Stanley St.  
845-9171

#### Muslim

**Muslim Prayer Room,**  
Concordia University  
(Limited space - Concordia Students only)  
Z-01 2090 Mackay

#### Presbyterian:

**St. Andrew & St. Paul**  
3415 Redpath (at Sherbrooke W)  
842-3431

Roman Catholic:

St. Patrick's Basilica  
460 René Levesque (at Beaver  
Hall Hill)  
866-7379

Mary Queen of the World  
Cathedral  
René Levesque at de la  
Cathédrale (across from PVM)  
(francophone)

St. Thomas Church  
6897 Somerled Ave.  
484-2750

Roman Catholic:

The Loyola Chapel Community  
The Loyola Chapel  
Campus Ministry - 848-3588

St. Ignatius of Loyola Parish  
4455 West Broadway  
481-7768

United:

Erskine & American Church  
Sherbrooke St. W. at Bishop

St. Monica's Parish  
6405 Terrebonne Ave.  
481-0267

Unitarian:

Unitarian Church of Montreal  
5035 de Maisonneuve W. (metro  
Vendôme)  
485-7654

United:

Rosedale-Queen Mary United  
Church  
6870 Terrebonne  
484-9969

LOYOLA...

Anglican:

St. Philip's Church  
3400 Connaught (Sherbrooke W)  
481-4871

**Other Spiritual Resources**

Dignity Montreal  
932-2501

Support and worship for catholic  
lesbians and gays men

Yahdav  
933-7387

Social and support group for  
Jewish lesbians and gay men

**SECTION 7: MONETARY NEEDS**

 **Financial Aid**

**Financial Aid and Awards Office,**  
**Concordia University**  
**SGW LB-185 848-3507**  
Your one stop shop for loans and  
bursaries. Offer temporary and emer-  
gency loans, undergraduate and  
graduate awards, work study program,  
debt counselling program and budgeting  
workshops

**Quebec Government Loans and**  
**Bursaries Office**  
**(418) 643-3750**

**Quebec Government Automated**  
**Voice Response System Montreal**  
**(514) 864-4505**

## Employment

### Finding a Job

#### Canada Human Resources & Development Centres

Downtown- 1001 de Maisonneuve E.  
522-4444

East Centre- 5100 Sherbrooke E.  
255-9113

North West - 6900 Decarie  
731-0060

West - 181 Hymus, Pte. Claire  
695-9311

Lasalle - 7655 Newman Blvd.  
365-9300

Verdun - 4110 Wellington  
769-4501

Call 496-1161 to reach a consultant for employment insurance or to get a SIN. Computerized job bank machines are also available at each of the centers, so you can walk in a look at up-to-date listings without having to talk to a civil servant. You can also obtain job listings on the web at <http://www.hrdc-drch.gc.ca/>

#### Concordia Work Study

Financial Aid & Awards  
(SGW) LB085 at Loyola AD121.  
848-3507

For full time students on campus jobs available 15 hours per week at salary of \$7.00-\$9.00 per hour. Also Summer work on campus if a student is carrying 6 credits.

#### Concordia Student Union Job Search

848-7476

Offers a free database listing of jobs in the Montreal area. Lists are posted outside the CSU offices(SGW/H260). You can search the database yourself from the Web at <http://cug.concordia.ca/~housjob/> or email questions or suggestions to [housjob@alcor.concordia.ca](mailto:housjob@alcor.concordia.ca) or call

#### Employment Telemessage

283-3364

An automated job search available 24 hours as a part of the Human Resources Center of Canada

#### Jewish Vocational Services

5151 Cote-St-Catherine  
345-2625

During the academic year, this service has a variety of workshops that can help students improve their employability. If looking for a job, they mostly deal with 9-5 work which may only suit a students summer schedule

#### Emploi-Quebec

Regional Office - 5350 Lafond,  
Montreal Info-725-5221  
Centre-Sud - 1260 Ste. Catherine E.  
872-2326

CDN - 5950 Cote des Neiges  
872-6530

Lasalle - 2212 Dollard  
365-4543

Lorimier - 3415 Hogan  
872-6480

NDG - 3285 Cavendish  
872-5180

Park Ex. - 7077 du Parc  
872-3188

Plateau - 4584 St. Denis  
872-4922

Pte-St-Charles - 1880 Centre  
872-6426

St Alexandre - 1004 St. Antoine W.  
872-4310

Verdun - 3901 Bannantyne  
769-3856

Ville Emard - 5524 St. Patrick  
872-6600

#### Head & Hands Inc.

2304 Old Orchard, NDG -  
481-0277 or 481-2336  
Youth Job Bank

#### Placement Etudiant du Quebec

Montreal 873-7395

Province 1-800-463-2355

**Youth Employment Services**  
630 Rene Levesque W. #185  
Prom. Level  
**333-5100 or 878-9788**  
Hours: M-F 9:00-16:30  
Web site - [www.yesmtl.org](http://www.yesmtl.org) Started  
by Alliance Quebec,

this group caters specifically to anglophones usually between 18-35 looking for jobs. They also offer an entrepreneurship program. Pre-employment counselling, workshops, events & placement.

## SECTION 8 : ACADEMIC NEEDS

### Help available at Concordia

#### **Professor and Classmates**

Should always be who you speak to first. Go see your profs. during their office hours and they may have some tips or suggestions. Speak to your classmates, maybe create a study group, chances are you are not alone.

#### **Registry of Tutors**

**SGW H-653 848-3517**

**LOY AD-1221 848-3535**

If you would like to be a tutor, or if you are in need of one, give them a call.

#### **Counselling and Development**

**SGW H-440 848-3545**

**Loy 2490 West Broadway 848-3555**

The Learning and Writing Center offers help to students who want to improve their academic skills and learning potential through workshops, Learning Specialists, and Peer Writing Assistants. They also offer personal counselling, and a Careers Library.

#### **The Writing Center**

**SGW H-653 848-3517**

Free, individualized tutoring services. Not a proofreading service, they help improve students writing abilities

### Getting Involved

There are hundreds of ways to get involved at Concordia. For information on all the clubs and associations, stop by the **CSU (SGW H-637 848-7474)**. They are also all listed in the CSU agenda, available at the CSU office. A great way to meet people is at **Mother Hubbard's Cupboard**, a Monday night tradition where a hot and hearty vegetarian meal is served to students for a donation of a buck or two (**Mondays from 5-7, SGW Z-103, 848-3588**). There are many ways to get involved and help others at the same time. **Services for Disabled Students (SDS)** are always looking for volunteers (**SGW H-580 848-3525. LOY AD-130 848-3536**). If you are looking to be part of a team, go see the folk at **Concordia Athletics** for information on joining a team or taking a class (**7200 Sherbrooke W. 848-3858**).



## SECTION 9: THE NEED TO RELAX

### Concordia Athletics

**Victoria Gym 1820 de Maisonneuve W.  
848-3860**

### Loyola Athletic Complex 7200

**Sherbrooke W. 848-3858**

Sport leagues, instruction, and recreation. Join a team, take aerobics or yoga for relaxation. Many activities that will give you a chance to socialize and exercise at the same time. Cheap rates for students.

### YMCA

**1450 Stanley**

**849-8393**

and various locations

### Assoc. Cdn. Libanaise-Syrienne du Qc

**40 Jean Talon E.**

**274-3583**

Community centre & charitable organization. Helps families in need.

### Assoc. des Immigrants

**Latino-Americans**

**5307 Cote des Neiges, 3rd fl.**

**737-3642**

Info & referrals for Latin-American immigrants

### Black Community Resource Centre

**6767 Cote des Neiges**

**342-2247**

Provides community services, some courses, family support services, legal hotline, teen sports program

### Cdn. Italian Community Foundation of Quebec

**505 Jean Talon E.**

**274-9461**

Information, referrals, advocacy, consultation, interpreter, Social services.

### Centre Portugais

**4050 St. Urbain**

**842-8045**

Reception, information, referrals

### Chinese Family Services of Montreal

**987 Cote, 4th fl. -**

**861-5244**

Social & cultural services. Languages: English, French, Cantonese, Mandarin, Toishanese. No-Profit. Services to newcomers, linguistic support, programs for women, programs for the elderly, counselling, workshops & seminars, publications, research, French classes for newcomers

### Chinese Neighborhood Society

**5831 du Parc -**

**272-9630**

Grass roots social service group for poor Chinese persons in Montreal. Services for the elderly & women.

### Communaute Vietnamienne

**6338 Victoria #16**

**340-9630**

Social & cultural services

### Federation of Filipino Canadian Assoc. of Que.

**6555 Cote des Neiges**

**341-2122**

Houses many services & organizations. Provides community services.

### Hellenic Community of Montreal

**5777 Wilderton**

**739-2421**

Cultural events. Social & legal counselling.

### India Nat'l Assoc. of Cdns. of Origins in India(NACIO)

**1410 Stanley**

**288-8720**

Info and resources.

**Jamaica Assoc.****4065 Jean Talon W.****737-8229 737-7242**

Offers various courses. Provides police mediator

**Japanese Canadian Cultural Center****8155 Rousselot****728-1996**

Gives language & cooking classes. Extensive library in Japanese, English & French

**Jewish Community Foundation of Greater Montreal (CJA)****5151 Cote Ste. Catherine Rd.****735-3541**

Central fund raising, allocating, co-ordinating & planning body of the Jewish community. Provides services in health, welfare, recreation, education & culture through 20 member groups.

**Jewish Info Referral Service****737-2221**

Referral line for Jewish organizations & centers in the city. Hours: 9:30-16:30

**Concordia Queer Collective****848-7414****Lesbian, Bisexual, Gay & Transgender Students of McGill****932-6822**

Always remember that if you are going on a trip, chances are that you need some vaccinations and immunizations and depending on where you are going, water purification tablets might be pretty handy. All of this and more is available at Health Services (2155 Guy Rm. 407). They also sell really cheap self care items. If you need health insurance, they have a lot of information and many referrals to offer.

**ALLO STOP Car pool service****4317 St. Denis****985-3032**

Toronto-\$26.approx  
Sherbrooke- \$9. approx.  
Ottawa- \$10. approx.  
Quebec - \$15. approx.

**Via Rail****989-2626**

40% off adult fares in Canada. Requires International Student I.D. card available through Via - call to arrange

Student group (Concordians welcome) organizing weekly political and social discussion groups on a wide range of topics.

**Lesbian and Gay Community Center****528-8424**

Info and referrals, meeting space. Offers social events and support groups. Primarily francophone.

**McGill Black Students Network****3480 McTavish, 4th fl.****398-6815**

Provides volunteer tutors, discussion groups, film screening. Focus on social & political issues affecting people of African descent at McGill & the community in general.

**Mohawk Nations Office Resource Centre.****450-638-4750**

Secretarial services to the community & the longhouse. Research available to students.

**Native Friendship Centre****2001 St. Laurent****499-1854**

Info, referrals, counselling. Daily soup at 12:00 & 16:00. Rec. room, food & clothing depot, job bank.

 **Travel**
**Voyage Campus****1455 de Maisonneuve W. H-222****288-1130**

Special student fares - call for latest deals

**Voyageur Bus Lines****505 de Maisonneuve E. (corner Berri)****842-2281**

Approx. 25% discount for students for Canadian destinations

## Cheap Kicks

### Access Montreal

872-1111

Closest office is: City Hall

275 Notre Dame E.

872-6395

**THIS IS A DEAL MOST PEOPLE ARE NOT AWARE OF !!!** Where & how to get "ACCESS MONTREAL" card for reduced prices. for city residents. Card reduces prices on most Montreal spots such as Biodome, Jardin Botanique, Parc des Iles Beach, museums, IMAX, MSO, La Ronde, Rafting, various festivals etc.....The card costs \$5.00, and you need your utility bill, or 2 documents showing your residence in the city of Montreal & Student ID. Card is effective from day of purchase for 12 months. On average there is a 15% reduction on most activities.

### Biodome de Montreal

4777 Pierre de Coubertin -

Metro Vlau

868-3000

\$7.00 for Students, with Access card  
the price is reduced to \$5.25

### Complex des Jardins

St. Catherine St. E. between Jeanne-Mance & St Urbain

Metro Place-des-Arts

845-4636

Many FREE activities & exhibitions.  
Call for listing.

### Concordia Theatre Dept.

D. B. Clark Theatre,

1455 de Maisonneuve W.

H-0050

848-4742

Five shows produced per year for  
\$2.00 a show. **YOU CAN'T GO  
WRONG**

### Jardin Botanique

4101 Sherbrooke E. -

Metro Pie IX

872-1400

\$5.25 for students, with Access card  
the price is reduced to \$3.25 Not  
JUST flowers, check it out!!!!!!

**Musee D'Art Contemporain de Montreal** 185 Ste. Catherine St. W.  
847-6226

Open : Tues. - Sun. : 11:00 - 18:00  
and Wed. evenings until 21:00. Price  
is \$3.00 for students with a valid stu-  
dent ID except Wednesday from  
18:00-21:00 which is **FREE** for all

**Musee des Beaux-Arts de Mon-  
treal** 1379 Sherbrooke St. W.

**285-1600 or 285-2000**

Price is \$5.00 for students with valid ID  
except for special Exhibits then the price  
is \$6.00. Might be worth it to spend \$25.00  
for a year membership

### McCord Museum

**690 Sherbrooke W.**

**398-7100**

Hours: Tues. - Fri. 10:00 - 18:00, Sat.  
& Sun. 10:00-17:00

Price for students with valid ID \$4.60  
tax included

### Palace Cinema

**698 Ste Catherine W.**

**866-6991**

Cost - \$2.50

### Parc des Iles Les Iles Ste-Helene &

Notre-Dame

**Metro Ile Ste-Helene**

Year round outdoor activities. Call  
for more info. on equipment rental.  
872-4537

### Planetarium

**1000 St. Jacques W. -**

**Metro Bonaventure**

**872-4530**

\$4.50 for students, with Access card  
the price is reduced to \$3.00

**Stingers Games, Concordia Recreation  
& Athletics**

**848-3888**

Your teams always enjoy your  
support....**LET THE STINGERS  
STING YOU**

**Cheap Thrills**  
**2044 Metcalfe**  
**844-8988**  
 Used books  
**1433 Bishop**  
**844-7604**  
 Used books, records & Cds

**Russell Books**  
**275 St Antoine St.-**  
**866-0564**  
 Used Books

**Jack's Music shop**  
**77 St Antoine W**  
**861-6529**

**York Music**  
**1344 Ste. Catherine W. (near Crescent)**  
**874-0824**  
 Used Guitars & Amps, they buy, sell, trade.

## SURVIVAL PHONE NUMBERS

### Greater Montreal\*

Admission (ticket office)	790-1245
AIDS Hotline (Info-Sida)	281-6629
Air Quality	873-3636
Alcoholics Anonymous	376-9230
Animal Control	872-3181
Association for the Blind	489-8201
Better Business Bureau	286-9281
Birth and Death Records	864-3900
Citizenship	283-5656
Cocaine Anonymous	932-5555
Composting	872-7232
Consumer Complaints	872-3181
Consumer Protection	873-3701
Depression Anonymous	278-2130
Directory Assistance	411
Gamblers Anonymous	484-6666
Gas (odour detection)	598-3111
Health (Info-Sante)	275-7575
Housing Hotline	488-0412
Human Rights	873-7618
Hydro-Quebec (emergency)	873-4611
Immigration	496-1010
Municipal Taxes	872-0679
Narcotics Anonymous	525-0333
Passports	83-2152
Rape Crisis Line	251-0046
RCMP	939-8300
Recycling	872-3434
Sexual Assault	934-4504
Suicide Prevention	723-4000
Tel-Aide (24 hour help line)	935-1101

### Concordia\*\*

Admissions office	2668
Advocacy & Support Services	3536
Advocacy at CSU***	7474
Applied Psychology Center	7553
Athletics (LOY)	3850
Athletics (SGW)	3860
Audio/Visual	3434
Board of Governors	4814
Bookstore (SGW)	3615
Bookstore (LOY)	3638
Campus Ministry	3588
Career and Placement	7345
Commissioner of Oaths	3517
Computing Services	7655
Counselling and Dev,	3545
Dean, Arts and Science	2081
Dean, Fine Arts	4602
Dean of Students	3517
Disabled Students Services	3525
Financial Aid and Awards	3507
Health Services	3565
Housing Services (CSU)	7476
Information Center	3838
International Students	3515
Job and Housing Bank	7476
Legal Information	4960
Ombuds Office	4964
Peer Helper Center	2859
Security (SGW)	3717
Security (LOY)	3707
Shuttle Bus Inquiries	3485
Student Accounts Office	4900
Student Safety Patrol	7533

\* all numbers are in 514 area code

\*\* all numbers begin with 848

\*\*\* Concordia Student Union

## NOTES AND NUMBERS

## IMPORTANT CONCORDIA DATES- FALL 1999

### September

Wednesday	1	♦ Last day to apply for late completion of courses taken during the Summer session 1999.
Monday	6	♦ Labour day – University closed.
Tuesday	7	♦ Classes begin – Day and Evening Regular Session ♦ Opt-Out period for CSU Health Insurance fee begins
Wednesday	15	♦ Last day for submission of late-completion work for Summer Session 1999 (application deadline September 1) ♦ Last day to add two-term (/3) and fall-term (/2) courses
Monday	20	♦ Last day to apply for supplemental examinations for courses taken during the Summer Session 1999 ♦ University Writing Test appointment cards available at the Birks Student Service Center
Tuesday	21	♦ Deadline (midnight) for withdrawal with tuition refund from two-term (/3) and fall-term (/2) courses (DNE) ♦ Opt-Out period for CSU Health Insurance Fee ends

### October

Friday	1	♦ Last day to apply for re-evaluation of courses taken during Summer Session 1999
Saturday	2	♦ Replacement and supplemental examinations for Summer Session 1999 courses
Friday	8	♦ University Writing Test
Monday	11	♦ Thanksgiving day – University closed (see December 7, 1999)
Wed-Fri	13-15	♦ Tentative examination schedule available at the following locations: all Touch-Screen terminals, display cabinet – Hall Building ground floor; display cabinet outside CC214 at Loyola

## November

Monday	1	♦ Last day for application to Undergraduate programs – Winter term 2000 ♦ Deadline to apply for Degree Transfer into Arts and Science, Commerce and Administration, or Engineering and Computer Science – Winter Term 2000
Tuesday (Midnight)	2	♦ Last day for academic withdrawal from fall-term (/2) courses (DISC)
Monday-Wednesday	8-10	♦ Final examination schedule available at the following locations: all Touch-Screen terminals; display cabinet – Hall Building ground floor; display cabinet outside CC214 at Loyola
Thursday	18	♦ Fall Convocation
Monday	29	♦ Last day for instructor-scheduled tests or examinations

## December

Wednesday	1	♦ Last day for International students to change their Immigration status to refugee/permanent resident for the Fall term 1999 and apply for a possible refund ♦ Last day for submission of documents to prove Quebec provincial residency for the fall term 1999
Monday	6	♦ Last day of classes – Fall term
Tuesday	7	♦ Make-up day for classes scheduled on Monday, October 11
Wed-Thurs	8-23	♦ Examinations period



## January 2000

Tuesday	4	<ul style="list-style-type: none"><li>• Classes begin – Winter term</li><li>• Opt-Out period for CSU health Insurance Fee begins</li></ul>
Wednesday	5	<ul style="list-style-type: none"><li>• University Writing Test appointment cards available at the <b>Birks Student Service Center</b></li></ul>
Wednesday	12	<ul style="list-style-type: none"><li>• Last day to add winter-term (/4) courses</li></ul>
Friday	14	<ul style="list-style-type: none"><li>• University Writing Test</li></ul>
Saturday	15	<ul style="list-style-type: none"><li>• Last day to apply for degrees, diplomas and certificates for Spring 2000 graduation</li><li>• Last day to apply for DEF or MED notation for courses taken during Fall (/2) term 1999</li></ul>
Tuesday	18	<ul style="list-style-type: none"><li>• Deadline for withdrawal with tuition refund from winter-term (/4) courses(DNE)</li><li>• Opt-out period for CSU Health Insurance Fee ends</li></ul>

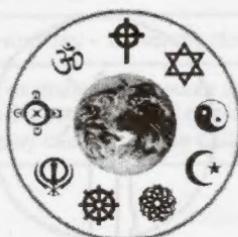


**Concordia**  
UNIVERSITY

**Campus  
Ministry**

**Real education for the real world**

[www.concordia.ca](http://www.concordia.ca)



## FEEDBACK PAGE

**Please cut along the dotted line and return this form to :**

Daryl L. Ross, Chaplain  
Concordia University Campus Ministry  
7141 Sherbooke W,  
Montréal, QC H4B 1R6

**Or drop it by at:**

Loyola - Annex WF-103  
(2496 West Broadway)

I would like to suggest the following addition(s) to this guide:

**Cut along this line**

I tried to access these services and they were unavailable or unsatisfactory:

I would suggest the following changes in the format:

Additional topics I suggest:

Cut along this line